

# 5 Dinners Grocery List

## Meat

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- 2 lbs ground beef
- 2 lbs boneless chicken breast
- 1 package smoked sausage

## Produce

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- Sweet potatoes or russet potatoes (2 lbs)
- Bell peppers (3-4, mixed colors)
- Cherry tomatoes (1 pint)
- Green beans (1 lb — great side for any night)
- 1 head of garlic
- Limes (optional, for burrito bowls)

## Dairy & Refrigerated

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- Sour cream
- Shredded cheese (Mexican blend)
- Jarred Alfredo sauce
- Butter

## Canned & Jarred

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- Black beans (2 cans)
- Tomato sauce (2 cans)
- Chicken broth (1 carton)
- Peanut butter (creamy)

## Dry Goods & Pantry

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- Rice (white or brown — your call) Pasta
- (penne or rotini) Taco seasoning (1 packet) Chili powder
- Brown sugar
- Red pepper flakes Olive oil Soy sauce
- Cornbread mix (optional, for chili night)
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# GROUND BEEF BURRITO BOWLS

**Prep:** 15 min   **Cook:** 20 min   **Serves:** 6   **Preferred:** Instant Pot   **Alt:** Stovetop

**DF** Double & Freeze   **Protein:** ~32g/serving

## INGREDIENTS

- 2 lbs ground beef (ground turkey sub option)
- 1 packet taco seasoning (or homemade: 1 T chili powder, 1 tsp cumin, 1 tsp garlic powder, 1 tsp onion powder, 1/2 tsp paprika, 1/2 tsp salt)
- 1 (15 oz) can black beans, drained
- **Cilantro-Lime Rice:** 2 cups jasmine rice, cooked, toss with juice of 2 limes and 1/2 cup chopped cilantro
- **Corn Salsa:** 2 cups corn (fresh, frozen, or grilled), 1/2 cup diced red onion, 1 jalapeno minced, 1/4 cup cilantro, juice of 1 lime, salt
- **Toppings:** shredded cheese, sour cream, guacamole, salsa, shredded lettuce, lime wedges

 *Ground turkey can be substituted for the ground beef.*

## DIRECTIONS - INSTANT POT (PREFERRED)

1. Use Saute to brown ground beef. Drain fat. Add taco seasoning and 1/2 cup water. Stir.
2. Add black beans. Lock lid, pressure cook HIGH 5 minutes. Quick release.
3. Build bowls: cilantro-lime rice, seasoned beef and beans, corn salsa, and all the toppings.

## ALTERNATE METHOD - STOVETOP

1. Brown beef in a skillet, drain. Add seasoning, water, and beans. Simmer 10 minutes. Build bowls as above.

 **Freezer Instructions:** Cook and season beef with beans. Cool and freeze in bags. Thaw and reheat. Make rice, corn salsa, and toppings fresh.

# CROCKPOT CHICKEN ALFREDO PASTA

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**Prep:** 5 min   **Cook:** 3-4 hrs (high) or 6 hrs (low)   **Serves:** 6   **Preferred:** Crockpot   **Alt:** Stovetop

**D&F**

**Protein:** ~55g/serving

## INGREDIENTS

- 2 lbs boneless skinless chicken breast
- 2 (15 oz) jars Alfredo sauce
- 1 cup chicken broth
- 1 lb fettuccine pasta
- 2 cups broccoli florets (fresh or frozen)
- 1 cup grated Parmesan cheese
- Salt and pepper to taste

## DIRECTIONS - CROCKPOT (PREFERRED)

1. Place chicken breasts in the crockpot. Pour Alfredo sauce and broth over the chicken. Season with salt and pepper.
2. Cook on LOW 6 hours or HIGH 3-4 hours.
3. 30 minutes before serving, cook fettuccine to al dente; steam broccoli.
4. Remove chicken, shred or slice. Toss pasta and broccoli into the crockpot sauce. Top with chicken and Parmesan.

## ALTERNATE - STOVETOP

1. Cook pasta. In a large skillet, sear chicken 5-6 min per side, remove and slice. In the same pan, heat Alfredo sauce and broth. Toss with pasta, broccoli, and sliced chicken. Top with Parmesan.

 **Freezer:** Place raw chicken with Alfredo sauce in a freezer bag (no broth). Thaw overnight. Cook in crockpot with broth added. Cook pasta and broccoli fresh.

# SHEET PAN SAUSAGE, POTATOES & PEPPERS

**Prep:** 10 min   **Cook:** 25 min   **Serves:** 6   **Preferred:** Oven (sheet pan)   **Alt:** Air Fryer

**DF** Double & Freeze   **Protein:** ~24g/serving

## INGREDIENTS

- 2 lbs smoked sausage (kielbasa or similar), sliced into 1/2-inch rounds
- 1.5 lbs baby potatoes, halved
- 3 bell peppers (assorted colors), cut into 1-inch pieces
- 1 large onion, cut into wedges
- 3 tablespoons olive oil
- 1 teaspoon garlic powder, 1 teaspoon paprika, 1 teaspoon Italian seasoning
- Salt and pepper to taste

## DIRECTIONS - OVEN/SHEET PAN (PREFERRED)

1. Preheat oven to 425F. On a large sheet pan (or two), toss sausage, potatoes, peppers, and onion with olive oil and seasonings.
2. Spread in a single layer (don't overcrowd - use two pans if needed).
3. Bake 25-30 min, tossing halfway, until potatoes are golden and sausage is browned.
4. One pan, minimal cleanup. Serve right from the sheet pan!

## ALTERNATE METHOD - AIR FRYER

1. Toss all ingredients with oil and seasoning. Air fry in batches at 400F for 15-18 min, shaking basket halfway.

 **Freezer Instructions:** Toss raw sausage, potatoes, peppers, and onion with oil and seasonings in a freezer bag. Freeze flat. To cook: thaw overnight (or cook from frozen - add 10 min to bake time), spread on sheet pan and bake as directed.

# INSTANT POT BEEF CHILI

**Prep:** 10 min **Cook:** 25 min (IP) **Serves:** 6 **Preferred:** Instant Pot **Alt:** Stovetop

**D&F**

**Protein:** ~32g/serving

## INGREDIENTS

- 2 lbs ground beef
- 1 (15 oz) can kidney beans, drained
- 1 (15 oz) can pinto beans, drained
- 1 (28 oz) can crushed tomatoes
- 1 (14 oz) can diced tomatoes
- 1 medium onion, diced
- 3 cloves garlic, minced
- 2 tablespoons chili powder, 1 teaspoon cumin, 1 teaspoon paprika, 1 teaspoon salt, 1/2 teaspoon pepper, 1/4 teaspoon cayenne (optional)
- 1 cup beef broth
- Shredded cheese, sour cream, and cornbread for serving

 *Ground turkey can be substituted for the ground beef.*

## DIRECTIONS - INSTANT POT (PREFERRED)

1. Use Sauté to brown beef with onion. Drain fat. Add garlic, cook 30 seconds.
2. Add all remaining ingredients. Stir well.
3. Lock lid. Pressure cook HIGH 15 minutes. Natural release 10 minutes.
4. Stir and serve with shredded cheese, sour cream, and cornbread.

## ALTERNATE - STOVETOP

1. Brown beef and onion in a large Dutch oven. Add all ingredients. Bring to a boil, reduce heat, and simmer 45 minutes-1 hour.

 **Freezer:** *Cool completely and ladle into freezer bags. Freeze flat. Thaw overnight and reheat in a pot. Doubles beautifully.*

# PEANUT BUTTER CHICKEN + RICE

*This is a knockoff recipe from an old Pioneer Woman recipe we used to love making. This is a little healthier than the original, but man, is it good. This is probably one of my top 3 favorite sauces of all time.*

**Prep:** 10 min   **Cook:** 20 min (IP)   **Serves:** 6   **Preferred:** Instant Pot   **Alt:** Stovetop simmer

**DF** Double & Freeze   **Protein:** ~42g/serving

## INGREDIENTS

- 2 lbs boneless skinless chicken thighs
- 1/2 cup creamy peanut butter
- 1/3 cup soy sauce
- 3 T honey
- 2 T olive oil
- 2 T BBQ sauce (or Homemade p. TBD)
- 2 T rice vinegar
- 3 cloves garlic, minced
- 1 tsp ground ginger
- 4 cups broccoli florets (subbed for broccolini)
- 3 cups cooked jasmine rice for serving
- Sesame seeds and chopped peanuts for garnish

## DIRECTIONS - INSTANT POT (PREFERRED)

1. Whisk peanut butter, soy sauce, honey, olive oil, BBQ sauce, rice vinegar, garlic, and ginger until smooth.
2. Place chicken in Instant Pot. Pour sauce over chicken.
3. Pressure cook HIGH 12 minutes. Quick release.
4. Remove chicken and slice or shred. Steam broccoli (microwave 3-4 minutes or steam on stove).
5. Serve chicken and sauce over rice with steamed broccoli. Top with sesame seeds and chopped peanuts.

## ALTERNATE METHOD - STOVETOP

1. Sear chicken in oil 3 minutes per side. Add sauce, cover, and simmer 20-25 minutes until cooked through. Slice and serve over rice with broccoli.

 **Freezer Instructions:** Place raw chicken with peanut sauce in a freezer bag. Freeze flat. Thaw overnight, dump into Instant Pot, cook as directed. Steam broccoli and cook rice fresh.